



Long Covid Current Awareness Bulletin

March 2022

Guidelines, Policies and Reports

General Debate on the impact of Long Covid on the UK Workforce

House of Commons Library, Mar 2022

Available at: [Parliament research briefings](#)

People with long Covid do not have employment protections under the Equality Act 2010 under the definition of disability. In the Act, a person is defined as having a disability if they have a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities. The Government has said that as “work is ongoing to understand its long-term effects, it would be “premature” to class long Covid as a disability.

The effectiveness of vaccination against long COVID

UK Health Security Agency, Feb 2022

Available at: [UK Health Security Agency](#)

The purpose of this rapid evidence briefing is to provide evidence relating to the effectiveness of vaccination against long COVID, both for vaccinations given before infection with COVID-19 (effectiveness against incidence of long COVID), and for vaccinations given after infection with COVID-19 and development of long COVID symptoms (effectiveness for reducing or eliminating symptoms of long COVID).

Long COVID: post-acute sequelae of COVID-19 with a cardiovascular focus

European Society of Cardiology, Jan 2022

Available at: [Oxford Academic](#)

In this review, we discuss the definition of long COVID, epidemiology of cardiopulmonary manifestations in the context of long COVID, pathophysiological mechanisms for acute and chronic cardiac injury secondary to severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection, its management, and future directions.



Published research

Antihistamines for Postacute Sequelae of SARS-CoV-2 Infection

The Journal for Nurse Practitioners, Mar 2022

Available at: [Elsevier](#)

We describe two cases of Postacute sequelae of SARS-Co-V 2 infection in response to opportune administration of over-the-counter antihistamines, with significant improvement in symptoms and ability to perform activities of daily living.

Nutritional Modulation of Gut Microbiota Alleviates Severe Gastrointestinal Symptoms in a Patient with Post-Acute COVID-19 Syndrome

mBio, Mar 2022

Available at: [ASM Journals](#)

As part of post-acute COVID-19 syndrome, gastrointestinal symptoms might be associated with dysbiosis of the gut microbiota, which has the potential to become a target for intervention. In this study, a patient with post-acute COVID-19 syndrome with long-lasting severe gastrointestinal symptoms was provided 2-month expanded access to a high-fiber formula with investigational new drug (IND) status developed to alleviate COVID-19-related symptoms by modulating the gut microbiota.

Persistent COVID and a Return to Sport

Current Sports Medicine Reports, Mar 2022

Available at: [Current Sports Medicine Reports](#)

Many athletes will suffer from prolonged symptoms that may require further evaluation and may prolong their return to exercise, training, and competition. The purpose of this article is to discuss a framework in which sports medicine and primary care physicians can use to evaluate COVID long-haulers and help them return to sport.

Post-acute and long-COVID-19 symptoms in patients with mild diseases: a systematic review

Family Practice, Feb 2022

Available at: [Oxford Academic](#)

The main objective of this systematic review is to create an overview of the nature and frequency of persistent symptoms experienced by patients after mild COVID-19 infection.



Assessment and Management of Long COVID
Journal of Health Service Psychology, Feb 2022

Available at: [Springer](#)

The objectives of this paper are to inform psychologists regarding our current understanding of the underlying pathophysiology of COVID-19, review criteria for range of severity during acute illness, present clinical manifestations of long haul phenomena, and discuss the emerging literature base of evidence-based treatment and management approaches.

The Impact of Long COVID-19 on Mental Health: Observational 6-Month Follow-Up Study
JMIR Mental Health, Feb 2022

Available at: [JMIR Publications](#)

The psychological impact of COVID-19 can be substantial. However, knowledge about long-term psychological outcomes in patients with COVID-19 is scarce. In this longitudinal, observational study, we aimed to reveal symptoms of posttraumatic stress disorder (PTSD) and symptoms of anxiety and depression up to 6 months after the onset of COVID-19–related symptoms in patients with confirmed COVID-19 and persistent complaints.

Depression pandemic and cardiovascular risk in the COVID-19 era and long COVID syndrome: Gender makes a difference

Trends in Cardiovascular Medicine, Jan 2022

Available at: [Elsevier](#)

Results from emerging studies indicate that COVID-19 pandemic affected male and female populations in different ways. Women seem to experience less severe short-term complications but suffer worse long-term COVID complications, including depression, reduced physical activity, and deteriorating lifestyle habits, all of which may impact CV risk. Here, we summarize the current state of knowledge about the interplay between COVID-19, depression, and CV risk in women.

Musculoskeletal Symptoms in Patients Recovering from COVID-19
MLTJ, Jan 2022

Available at: [MLTJ Online](#)

Here, we conclude that more than half of COVID-19 patients have persistent musculoskeletal symptoms that require special attention (i.e., physical rehabilitation) while maintaining social isolation; this will require physical therapists working outside the hospital to provide treatment measures in accordance with COVID restrictions. Early post-acute evaluation of symptoms and their impact on function is necessary to plan community-based services like post-acute medical, psychological and physical services to enable full recovery and ensure patients' early return to work.



Blogs

Covid: 'Fussy eaters' could have smell and taste disorder

BBC News, Jan 2022

Available at: [BBC News](#)

Children who have become "fussy eaters" could be displaying a post-Covid smell and taste disorder, experts said. Parosmia, a symptom where people experience strange smell distortions, is a well-documented side-effect in adults who have had Covid. The University of East Anglia (UEA) and charity Fifth Sense have created a guide to recognising it in children.

'I Had Never Felt Worse': Long Covid Sufferers Are Struggling With Exercise

The New York Times, Feb 2022

Available at: [The New York Times](#)

As one of the many Americans suffering from long Covid, a condition characterized by new or lingering symptoms that can be felt for months after a coronavirus infection, Ms. Hollabaugh is not alone in experiencing setbacks with exercise. Natalie Lambert, a biostatistician and health data scientist at the Indiana University School of Medicine, has collected self-reported data from more than a million long Covid patients through a collaboration with Survivor Corps, a Facebook support group for Covid survivors. Patients frequently report that their doctors have advised them to exercise, she said — but many say that when they do, they feel worse afterward.

COVID-19 complications in children: What we've learnt about PIMS and long COVID

Imperial College London, Mar 2022

Available at: [Imperial College London](#)

Dr Elizabeth Whittaker discusses the evolution of research into PIMS - a rare inflammatory condition in children linked to COVID-19 - and long COVID. Throughout the pandemic, Dr Whittaker has led research into PIMS and continues to investigate the broader picture of why a small number of children develop rare COVID-related complications, including long COVID.



Miscellaneous

My Long COVID Needs

British Lung Foundation

Available at: [My Long COVID](#)

Asthma UK and the British Lung Foundation has worked with 15 other VCSE organisations to create a new tool designed to support those with Long Covid. My Long COVID Needs helps users understand their current Long Covid symptoms and helps them explain them to a GP. The tool also signposts further advice and support.

Library Services

Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert: <https://www.nhslincslibrary.uk/knowledgeshare-request/>

Can't find the information you need? We can do literature searches for you:
<https://www.nhslincslibrary.uk/page/search-request/>

We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find:
<https://www.nhslincslibrary.uk/page/training/>

Online Resources

BMJ Best Practice is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions:
<https://bestpractice.bmj.com/oafed>

ClinicalKey is a database which supports healthcare professionals by providing access to the latest evidence across specialties: <https://www.clinicalkey.com/>